

USA GYMNASTICS




July / August 1989

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CHALLENGE:
USA - USSR

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USA GYMNASTICS

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Cover Photo By:
David Black

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USA GYMNASTICS is published bi-monthly for \$10.00 by the United States Olympic Committee, 50 South Capitol Avenue, Suite 300, Pan American Plaza, Indianapolis, IN 46225. Phone: (317) 337-5000. Third class postage paid at Indianapolis, IN. Subscriptions: \$10.00 per year for the U.S. and \$15.00 for all other countries. All subscriptions are mailed values, but responsibility can be assumed for unclassified materials, unless return postage is provided by USOC and USA GYMNASTICS. All rights reserved. Printed in U.S.A.

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Shoney's Inn, 9919 Greenadele Avenue
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Course Director: Eddie Smith • (314)432-1757
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This course will be conducted in conjunction with the USGF Louisiana State Meeting

Saturday, August 12, 1989

Woodward, Pennsylvania - 12:30-7:00 p.m.
Woodward Gymnastics Camp,
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Course Director: Michael Russo • (814)338-8995

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St. Louis, Missouri - 8:00 a.m. - 2:30 p.m.
Shaffer's Concourse Hotel,
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Course Contact: Joan Franklin • (314)569-1179
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Philadelphia, Pennsylvania,
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McDONALD'S CHALLENGE:
USA-USSR

THE GOLDEN GIFT

Brandy Triumphs Over The Soviets

BY LUAN PESZEK

Photos By David Black

F

or most kids on their sixteenth birthday they want clothes, albums or money. Well, Brandy Johnson, who turned sixteen on April 30th, wanted something more . . . to win the McDonald's Challenge: USA - USSR. Johnson gave herself a sweet sixteen gift by scoring 39.575 and becoming the all-around champion in front of a sold out crowd at St. John Arena in Columbus, OH.

"I didn't know what to expect from the Soviets because each time I compete with them they have new gymnasts.

It wasn't an easy task considering the powerful Soviet Union gymnasts were the 1988 Olympic Champions. However, with Johnson's scores: 9.90 on vault, 9.90 on bars, 9.825 on beam and a 9.95 on floor, there was no stopping her! Johnson placed first on every event except balance beam, where she placed second.

"I didn't know what to expect from the Soviets because each time I compete with them they have new gymnasts. I

did know I couldn't make any mistakes to win though," said Johnson. "I thought my floor routine was the best I've ever done since I didn't take any steps on my landings."

Despite Johnson's superb performance, the U.S. took second as a team to the Soviet Union scoring respectively 194.725 to 195.875.

"I think the team did well, everyone did their part. Usually we are five to six points behind the Soviet Union, now we are only one point behind," said Johnson.

Those who made up the U.S. Team were: Wendy Bruce, Lisa Fanzitoni and Johnson from Brown's Gymnastics in





Altamonte Springs, FL, coached by Kevin and Rita Brown; Sheryl Dundles from Capital Gymnastics in Austin, TX, coached by Jim and Cheryl Jarrett; Robin Richter from Nebraska School of Gymnastics in Lincoln, NE, coached by Peggy Liddick; Sandy Woolsey from Desert Devils in Scottsdale, AZ, coached by Stacey Esten; and alternate Kristen Kanoyer from Parkettes in Allentown, PA, coached at the competition by John Holman.

Christy Hinrich from Great American Gymnastics Express in Independence, MO, was unable to compete due to an injury from the practice before the



Top: Brandy Johnson says she is more focused now than ever before.

Left: Despite a second place finish, the U.S. Women's Team were proud of their showing.



Olympic Team Member Elena Shvachenko, ended up in a three-way tie for fourth.



Elena Sazonenkova, combined strength with grace to take a silver.

competition. Competitors present but recovering from minor injuries were Kim Kelly from Peabodies and Danna Lister from Gymnastics Country USA in Tulsa, OK. Other competitors vying for a position in the competition were Jennifer Hagberg from Olympic Gymnastics Academy in Edina, MN and Carol Ulrich from All Star Elite Gymnastics in Littleton, CO. Missing faces from the competition were Phoebe Mills and Chelle Stock who were both 11.

When asked how the team did as a whole, Laddick said, "We need to stay in



The U.S.'s Sheryl Dundas from Capital Gymnastics in Austin, Texas placed eighth in the all-around.

bounds and stick landings. The tricks are there!"

From the Soviet Union, second all-around went to Elena Sazonenkova with a 39.375. Sazonenkova has competed very little internationally, in fact, it was her first trip to the U.S. However, she is well-known in the Soviet Union for her second place finish in the all-around at the USSR Nationals.

Sazonenkova competed a Yurchenko layout full on vault and scored a 9.85. Bars was her best event with a 9.875. However, her beam routine held the

audience in utter amusement as she mounted with a round off and three flip flops. Her routine included a back walkover, flip flop, layout series, a pommel, a two-and-a-quarter pirouette to a one-arm handstand and dismounted with a triple full. Sazonenkova's first tumbling pass on floor was a round off, whip, flip flop, flip flop, full in. She did a triple bar for her second pass and ended with a double back. After her 9.80 floor routine, her coach gave her a well-deserved hug and kiss on the cheek.

Sazonenkova said, "I expected to do

well. I have trained very hard. Brandy is a good gymnast because she does very difficult skills."

Although Szozorenkova also is an outstanding gymnast, she ended 200 behind the U.S.'s Brandy Johnson.

Third place went to the Soviet Union's Svetlana Baitova with a 39.325. Baitova, 16, was a member of the 1988 Olympic Team. She also is a past Soviet Junior champion. Baitova's best event of the day was bars. She scored a 9.90 for her original fly away back tuck between the bars and her sole circle one-and-a-half twist. Although Baitova's difficulty on floor was not as great as Szozorenkova, she still earned a 9.775. She opened with a triple, her second pass was a salto series—round off the flip full-and-a-half twist to a full twist—and her last pass was a double back.

There was a three-way tie for fourth all-around with the Soviet Union's Ludmila Storchachen, Elena Shevchenko and the U.S.'s Wendy Bruce. All three scored 39.125.

Petite Storchachen was characterized

by her two small pig tails and big smile. Her personality overwhelmed the audience. Storchachen placed 8th all-around at the 1989 USSR Nationals and is the 1988 Soviet Junior Champion.

Shevchenko was a member of the 1988 Olympic Team and placed third all-around at the 1989 Soviet Nationals.

Bruce recently won the McDonald's International Mixed Pairs competition with her partner, Li Jing from China. Bruce does a superb Yurchenko layout full on vault and scored a 9.825.

"I was happy with all my routines except bars. I didn't do my reverse back on bars because I had problems with it in practice the week before the competition," said Bruce.

Coach Kevin Brown was pleased with both Johnson and Bruce's performances.

"Brandy has competed in five major competitions in the last two months and for her to be this strong, to come back and do this well, is very uplifting," said Brown.

Through these five competitions, Brandy recently has defeated gymnasts

from 24 countries including the U.S., the German Democratic Republic, Romania, and the Soviet Union.

"My next goal is to defeat all of them at once during the World Championships in September," said Johnson.

RESULTS

1. Brandy Johnson	USA	39.575
2. Elena Szozorenkova	URS	39.375
3. Svetlana Baitova	URS	39.325
4. Ludmila Storchachen	URS	39.125
4. Elena Shevchenko	URS	39.125
4. Wendy Bruce	USA	39.125
7. Elena Abramshova	URS	38.800
8. Sheryl Dundas	USA	38.675
9. Sandy Woolsey	USA	38.425
10. Lisa Panzironi	USA	38.275
11. Robin Richter	USA	38.125
12. Natalia Kalitina	URS	37.750

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McDONALD'S CHALLENGE:
USA-USSR

BELENKY

The Soviet Surprise

BY LUAN PESZKE

Student of David Mack

Many were shocked to learn that the Olympic all-around champion from the Soviet Union, Vladimir Artemov, was defeated during the McDonald's Challenge USA - USSR competition. Artemov lost the meet due to a fall on high bar. Valery Belenky, Artemov's teammate, may be younger and less experienced, but he is the USA-USSR champion.

This year marks the fourth year of the McDonald's Challenge between the United States and the Soviet Union. However, this year, the competition seemed unique due to the new faces on the Soviet team. Belenky is one of the new faces, along with his four teammates: Gerasim Zadorozny, Vladislav Galimov, Vladimir Shchepochkin and Dimitri Vorobiev. These athletes are the new generation that will carry on the Soviet Union's tradition of excellence in gymnastics.

The only recognizable face on the Soviet team was Olympic Champion, Vladimir Artemov. This makes Ar-

temov's tenth trip to the U.S.

These new Soviet faces gathered along with the U.S. team in the St. John Arena in Columbus, OH for this year's prestigious, televised event.

The reason for the popularity of this event is due to the Soviet Union's success in gymnastics. For more than a decade, the Soviet Union Men's Team has won every World Championship it has entered except one. The Soviet Union helps to set the standards for the sport of gymnastics, therefore, it is a great honor to host them in the United States.

This year was no exception. The Soviet Union Men's Team won the event with a score of 293.550 to the U.S.'s 287.700.

However, there were a few surprises. Namely, the Olympic all-around champion, Vladimir Artemov, did not win



The Soviet's faces may have changed, but not the talent.

the all-around and the U.S.'s top all-around, Lance Ringwald, did not compete, due to an ankle injury.

After a fall on high bar, Artemov was defeated by his teammate, Valery Belenky 59.350 to 58.650. Belenky is 19 and placed fifth in the 1989 USSR National Championships despite an injured arm. Belenky said that he was not surprised that he did well because he has been training



The Soviet Surprise came in the form of Valery Belenky — defeating Olympic Champion Vladimir Artemov.

him a 9.80. He also scored the only perfect 10 of the day on pommel horse.

The U.S.'s top all-arounder, Lance Ringold, was unable to compete due to a sprained ankle. Ringold sprained his ankle during the compulsory round of competition before the event. The compulsory round determined which seven of the 10 gymnasts would compete optionally. The top seven gymnasts in the compulsory round were: Patrick Kirksey from Nebraska, Tim Ryan from Stanford, Scott Burr from Brigham Young, Tom Schlesinger from Nebraska, Jeff Dow from Iowa, Conrad Voorsanger from Stanford, and Mark McKernan from Minnesota. Other contenders in the compulsory round of competition were Mark Warburton from Nebraska and 1988 Olympian Dominick Minicucci from Illinois. Minicucci is recovering from shoulder surgery.

After the optional round, the standings looked quite different. The top four positions went to the Soviet Union's Belenky (58.350), Artemov (58.650), Guennadi Zadorozny (58.50), and Vladimir Galkov (58.250). The fifth posi-



very hard.

"It is significant that I have defeated Artemov, the Olympic champion. For me this is an important start," said Belenky.

Belenky's personal coach, Alexei Orukhov, said, "I thought Artemov would win the all-around, but I'm happy that Valery did so well." Orukhov said that for Belenky to be number one, he will have to increase difficulty on floor and high bar. Orukhov thinks that Belenky will be a part of the 1992 Soviet Union Olympic Team.

Artemov was impressed with

Belenky's performance but wasn't surprised with the outcome of the meet.

"I didn't train hard.

This was my first competition this year and I'm only about 40% of what I was at the 1988 Olympic Games. I have been doing a lot of exhibitions and now I am starting to prepare new elements for the World Championships," Artemov said.

One of Belenky's highlights of the day on floor was his beautiful double layout with a full on the second flip. On vault, his Kasamatsu double twist earned

With the talent in hand, the U.S. team now strives for unity.

tion was shared between the Soviet's Vladimir Shcherbakov and the U.S.'s Tom Schlesinger with a score of 57.650.

Third all-around Zadorozny, 57", won the high bar event with a 9.55. He did a one arm giant, Ganger to two immediate Tkatchevs and then stuck his triple back dismount. The crowd loved it!

Galkov, 18, is a member of the Soviet

National Team and took fourth all-around at the Soviet Nationals. He competed an extremely difficult floor routine. His first pass was a double layout, his second pass was a double twisting double back and he dismounted with a full-in back out.



Tom Schlesinger tied for fifth, on his first competition with the new compulsories.

Shechepochkin was a silver medalist at the European Championships. He executed front saltos on nearly every event. For example, he competed a double front vault, a Roche, which is seldom used due to the difficulty of the skill. Although he landed a little low and only scored a 9.65, it definitely has potential to be a great vault. On rings he dismounted with a double front to score

a 9.65. Shechepochkin was having an excellent meet until high bar, where he fell on a Giant and only scored 9.10.

Schlesinger, who tied for fifth all-around with Shechepochkin, said, "I was surprised to be the top all-arounder for the U.S. I wasn't even sure I would make the optional round since this is my first competition with these compulsories."

Another highlight of the competition was the U.S.'s Patrick Kirksey. He placed third on pommel horse, tied for fourth on vault, and tied for second with Jeff Dow on high bar.

It's interesting to review each team's event scores. It seems the U.S. team's

weakest event was floor (49.05 to 46.75) and parallel bars (49.25 to 47.95). The U.S.'s best event is high bar. They defeated the Soviet team on that event with a score of 48.10 to the Soviet's 48.65.

This competition was the first for the new World Championship coaching staff consisting of Bill Meade, Ed Barch and two-time Olympian Jim Hartung.

Barch said, "The biggest thing we lack is unity. Right now, all the guys are doing their own thing. However, after the U.S. Championships, the top twelve guys will attend a three-week training camp and will have the opportunity to gain the unity they need."

OLYMPIC GREAT... ARTEMOV

The McDonald's Challenge USA- USSR competition was Vladimir Artemov's tenth trip to the U.S. The 1988 Olympic Champion was excited to once again visit the U.S.

Artemov, 24, was born 12/7/64. He is 5'7" and weighs 170 lbs. He began gymnastics when he was seven and discovered he was a natural for the sport.

He earned four gold medals in Seoul — the team, all-around, parallel bars and highbar. He also earned a silver on floor.

Artemov said, "I like everything about the U.S. especially the people here — they're very nice to me."

He especially likes American music — rock and roll, country and western and others types, too. During his last trip to the U.S., Artemov purchased a car stereo. This trip he bought 13 compact discs while shopping in Columbus, OH. In fact, the experienced shopper taught his teammate Belenky a thing or two

about what to buy! Belenky also bought compact discs.

When asked if being an Olympic Champion has changed his life he said it really has not. "I'm the same person. I was before I won the Olympics," said Artemov.

However, monetarily, Artemov is now better off. Although he already has one car, a Volvo, he plans to purchase another Volvo this month. He's also planning to build a house.

"That got the land and will probably build at the end of the year. Right now I'm getting my plans for the house together. It will be a

two-story with three to four bedrooms and a garage."

Artemov is very excited about his new Volvo and house and says that he plans to continue competing in gymnastics as long as he is healthy.

He is preparing now for the World Championships in September, 1989.



Vladimir Artemov, 1988 Olympic Champion, is currently training for the World Championships.

RESULTS

1. Valery Belenky	URS	58.350
2. Vladimir Artemov	URS	58.650
3. Gennadi Zadorozny	URS	58.500
4. Vladimir Galimov	URS	58.250
5. Tom Schlesinger	USA	57.450
6. Vladimir Shechepochkin	URS	57.450
7. Patrick Kirksey	USA	57.200
8. Scott Barr	USA	57.150
9. Darrin Vordobiev	URS	57.100
10. Jeff Dow	USA	56.800
11. Mark McKernan	USA	56.600
12. Conrad Voornanger	USA	56.500
13. Tim Ryan	USA	56.400

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The registration desk will be open the following days and times:
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Thursday, September 14, 7:00 a.m. to 10:00 p.m.

Friday, September 15, 7:00 a.m. to 8:00 p.m.

Saturday, September 16, 7:30 a.m. to 5:00 p.m.

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USGF No. #

Expiration date

Please return this registration form with check for fee to:

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Indianapolis, IN 46202

This form must arrive at our office NO LATER THAN August 31, 1989. After August 31, you must register on site. Registration is non-refundable after September 1, 1989. NO EXCEPTIONS.

CEDAR CITY

*Photos by Nancy Rhodes,
Copy by Susan Polakoff*

After competing in the McDonald's Challenge, Soviet and U.S. gymnasts were invited to perform two exhibitions in Cedar City, Utah. The Western Royale and the USA/USSR Friendship Tour were two events sponsored by the Utah Summer Games that reunited gymnasts and cowboys. (In 1987, U.S. and Soviet gymnasts were first invited to Cedar City.)

Once again, Soviet and U.S. gymnasts donned cowboy hats and jean jackets and could be heard yelling an occasional, "YEE-HAW." Although this "Cedar City Diary" is an accurate description of the week's events, its author is fictitious.

MAY 2

What a long day, but we are finally here. What a beautiful place. After a very long flight from Columbus, Ohio to Las Vegas, we spent almost four hours on a bus riding across the desert. The trip was long, but the scenery was breathtaking. I doubt many Soviets have seen a landscape as dramatic as this. When we finally arrived at Zion National Park, we were greeted by what seemed to be mobs of television news crews. What a surprise to see 1988 Olympian Melissa Marlowe working for a Salt Lake TV station! She did a

great job interviewing athletes.

The lunch at the Zion Lodge was terrific. There was a ton of food. Vladimir Artemov really went for the fruit plate, especially the strawberries!

After Lunch, we boarded a tram and took a quick ride through part of the park. Elena Shevchenko and Svetlana Baranova enjoyed the wonderful weather and the stunning scenery. Those two stuck together like glue. They sure spent a lot of time giggling and whispering to each other!

Back on the bus for the drive to Cedar City. (Will we EVER get off this bus?) A large welcoming party was waiting for us at the Cedar City Holiday Inn. Several large groups of the townspeople including kids (who were permitted to take off from school) welcomed us with music, song, dance, flags, cowboys and still more reporters and TV crews. Wow, what an experience!

MAY 3

About 4,000 students watched us perform some gymnastics skills during a "JUST SAY NO" exhibition at the Centrum. We talked a little bit about the dangers of drugs and how drugs have no place in sports. The Osmond Boys also performed some of their hit songs. I bet most of the kids in the audience weren't even old enough to remember their fa-

ther, who was one of the

Osmond Brothers!



Vladimir Artemov



Elena Shevchenko/Svetlana Baranova

TY DIARY



Before, Sazonenkova, Skovchatala, Artemov, Belenky & Johnson

That evening we were special guests at the Iron Mission State Museum. As we chowed, we watched clogg dancers, country fiddlers, western line dancers, cowboy bands and the Osmonds again.

MAY 4

Country star Lee Greenwood led a horse-drawn parade with entries from all over the West. Marching bands, stage coaches, and the U.S. Marshall's Posse were just a few of the many acts that marched right by us. The totally cool Baitova, along with Elena Sazonenkova, Ludmila Skovchatala, Artemov, Valery Belenky and Scott Johnson sat back and enjoyed the parade sights. I think the Soviets got a big kick out of the horses. Some even got to ride the horses for the first time in their lives!

Later that day, we were special guests at the Western Rodeo. We saw a little of everything including bareback riding, steer wrestling, team roping and trick riding. We also exchanged gifts with cowboys from the Professional Cowboys Association. Scott Burr, Kelly Garrison-Steves and Charlie Lakes showed off their

new belt buckles to the crowd.

I think I'm running out of steam. There are still more activities on our busy schedule. . . we all enjoyed the Leo Greenwood concert at the Centrum. That guy is really a showman! Especially when he ripped off his dress shirt to reveal a "CCCP" (which is Russian for USSR) T-shirt he was wearing.

MAY 5

SHOWTIME! The audience really enjoyed our gymnastics exhibition. It was great to see Hope Spivey again. She performed her Olympic floor routine and looked great. Sandy Woolsey and Juliet Bangerter from Desert Devils in Scottsdale, AZ, performed great routines, too. It almost seemed like a Seoul reunion with Kelly, Charlie, Scott and Hope. Since Scott Burr is a Utah boy, the crowd really went nuts when he performed. Lance Ringnald managed to do some routines too, even with his sprained ankle.

Of course, everybody went crazy over gymnastics down Paul Hunt. The Soviets were awesome as usual. After our show, we ate dinner, packed our bags and boarded the bus at 2:00 a.m. to catch our early morning flight.

The small town of Cedar City treated us with warmth and hospitality. We felt like we gave something special back to the residents of that community. I think that something special was international

goodwill, cooperation and more importantly — friendship. YEE HAW!



Scott Burr, Kelly Garrison-Steves, Charlie Lakes

Nissen Award Winner David Zeddies

By Luan Pesack

At the National Association of Collegiate Gymnastics Coaches Banquet, nominees waited patiently to hear which one of them would be the 24th annual Nissen Award recipient. This prestigious award is given to the highest hailed senior collegiate gymnast. Judges and coaches from around the United States vote to determine the winner of this award. The individual selected must excel in both athletics and academics. All the individuals nominated were excellent choices, but only one would leave the banquet with the huge scriptum — designed by George Nissen. The Nissen Award recipient for this year went to David Zeddies from the University of Illinois.

"Being awarded the Nissen Award made me very happy and proud. It gives me confidence for all my future endeavors," said Zeddies.

Zeddies, 22, certainly has many future endeavors ahead of him. He is a senior from the University of Illinois majoring in mechanical engineering.

"Illinois is one of the best schools in the country for engineering," said Yoshi Hayasaki, head coach at Illinois.

Zeddies has extended his graduation date for one year in order to take more classes. But not classes in engineering — classes in pre-med!

"I want to go to medical school. I don't want to be a businessman, salesman, or an engineer. I'm leaning toward surgery as a field of medicine that I may want to pursue," said Zeddies.



David Zeddies along with his coach Yoshi Hayasaki, left, and George Nissen.

Coach Hayasaki added, "David balanced both athletics and academics and didn't want to sacrifice anything. It was a struggle but he did a great job."

Zeddies credits his coach for working with each person on an individual basis rather than treating everyone the same.

"I'm temperamental in the gym and Yoshi works well with me. He's always looking out for our best interests," said Zeddies.

Zeddies says that his coach always seems to bring the best out of his athletes.

In Zeddies' gymnastics career, he was a U.S. Senior Elite Team member, an NCAA All-American in 1988 and 1989, the 1989 Big Ten Gymnast of the Year, the Big Ten Champion on high bar, rings,

and pommel horse, and placed 7th all-around at the World Sports Fair in Tokyo, which was the U.S.'s best finish in the competition.

As a high school senior, David Zeddies was determined to get the best out of the college that he selected. For some students, picking a college is a simple matter. For Zeddies, the decision was a very crucial one. His father suggested he develop a computer program to help make the big decision. And that's exactly what this ambitious student did.

First he wrote a list of variables that he looked for in a college. Then he weighed those variables on their importance. Of course, gymnastics and academics were weighted 10. Other variables that were rated included: location,

GYMNASTICS UPDATE

coaching, staff, team members and weather. Through David's spreadsheet, he determined that the University of Illinois was the college that best suited his needs.

"Another important factor for me, besides academics and athletics, was to train with the team. At the University of Illinois, I felt that I fit in very well," said Zeddis.

"Receiving the award gave me a sense of pride, and winning as a team gave me a sense of accomplishment. Both were very exciting," said Zeddis.

He added, "The school has a long tradition of loyalty with their gymnasts and alumni. I liked that."

Zeddis looks back and is very happy with his college choice. His most memorable event in college was receiving the Naess Award and winning the NCAA Championships as a team.

"Receiving the award gave me a sense of pride, and winning as a team gave me a sense of accomplishment. Both were very exciting," said Zeddis.

Zeddis has one sister, Lisa, who is a junior at the University of Illinois and attends all his home meets.

In his spare time, Zeddis likes to ride his bicycle. In fact, in one of his engineering classes entitled "Feedback Control Systems," Zeddis' class designed a radio control bicycle for experimental purposes.

David admits that he's a little lazy when it comes to cooking — he eats mostly potatoes or peanut butter and jelly sandwiches.

As far as Zeddis' future in gymnastics, he would like to compete for the USGF in major competitions. "I have a lot of options open right now and I'm not sure which direction I should go."

Perhaps David will develop a computer program for his future career path. After all, it worked once, it could work again.

Continued from page 4

USGF EDITORIAL

- Reduction of requirements on the gymnast's competitive preparation — Result: now Concept for Level 100, all competitive levels consist of only 4 competitive events instead of 8.

- Preparation of a broad base of development through compulsory routines — Result: Levels I-IV are Skill development oriented. Levels 5-7 further prepare the competitive gymnast utilizing compulsaries before "optionals" are permitted at Levels 8 and 9.

- Establishment of a "reward" system that will be appealing to the athlete, coach and gym owner — Result: The "Patch-See-Chevron" program.

- Inclusion of Dance instruction to increase our athletes' performance capabilities and basic preparation — Result: the "5th event" — Dance for Gymnastics!

- Emphasis on increasing the

coaches/judges' knowledge base and general level of "professionalism" — Result(s): a) the completely redesigned Compulsory Book. b) the very professional video-tape training aids. c) the coach/judge "Skill Evaluators" Examination and certification program. d) new judges certification and training programs and finally, e) the introduction of the program through the outstanding USGF Master Workshops and excellent Regional and State Workshops.

The J.O. Committee should be commended for their bold willingness to "make a change," their high ideals for improving our developmental system, and the new program that has resulted as a consequence of their efforts.

Change is the catalyst for growth. The new system provides the structure for the development of our sport.

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1 9 8 9
U.S. RHYTHMIC GYMNASTICS
COMPETITION

PRACTICE PAYS OFF

BY LUAN PESZEK

All these years of practice have finally paid off," said the 1989 National Rhythmic Champion Alexandra Feldman. Feldman has participated in rhythmic gymnastics for 10 years—over half her life.

Ropes, balls, ribbons, clubs and hoops were flying at the 1989 U.S. Rhythmic Gymnastics Championships held in Miami, FL, on May 5-7.

The consensus among coaches before the event began was anything can happen. "The field is wide open and whoever hits will make the National team," said Maurin Holdreith coach of the Miami Twisters and host club of the three day event.

His statement proved to be absolutely true, especially after the first day of competition had ended and 15-year-old Jennifer Lovell was in the lead with

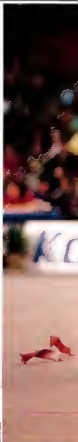
18.15. Lovell was last year's Junior National Champion and eager to make her presence known on the senior level. Lovell was followed by Feldman with 18.00 and then 1988 Olympian Deane Simpson with a 18.05.

During day two of this event, the top three positions turned inside out. Lovell dropped to third with 36.00 and Simpson moved to second with 36.35. Simpson's downfall was the hoop event. She had an out-of-bounds drop and only scored an 8.70 which knocked her out of first position. "I've only had my new hoop routine since March and it's not polished yet. However, I've increased difficulty so I can do well at the World Championships," said Simpson.

Defending champion Simpson, a student at Illinois Rhythmic, said, "I thought Alexandra looked confident and

"The new and improved" Alexandra Feldman showed her strengths by winning the 1989 Rhythmic National Championships.

David H. Smith





consistent throughout the competition."

Simpson, coached by Irina Vdovets, has competed in London, Belgium and Germany in the last three months. In Germany she placed tenth out of 29 countries.

"I know coming into this meet that I would have to do very well because there's a lot of upcoming talented gymnasts," said Simpson. "It's good we have so much new talent to fill the shoes of Michelle Berube, Marina Karpovsky and Doreen Lester who all retired."

The top honors of the competition went to the powerful Feldman with a score of 36.50. Feldman, 18, placed fourth last year at this meet. Her coach Alla Svirsky, the 1984 Olympic coach, said, "Alexandria has trained very hard and I'm not surprised she is the National Champion. I'm very happy."

Feldman's best events were ball and ribbon. She scored a 9.2 on both of these events. "I felt confident today," said Feldman. "I could have done better though."

Feldman plans to attend UCLA in the fall on an academic scholarship. She will major in biology and eventually go into pre-med. Feldman will continue to train at the LA Lights with her coach Svirsky. "I'm looking forward to the 1989 Olympic Festival. My performance today will be weighted 33 percent and my performance at the Olympic Festival will be weighted 67 percent to determine if I will be one of the three gymnasts to go to the World Championships," said Feldman.

Other gymnasts to make the Senior National Team were: Laura David from Gymnos, USA, coach Pauline David; Jennifer Haase from LA Lights, coach Alla Svirsky; Molly Krusee from Illinois Rhythmic, coach Irina Vdovets; Tracey Lapore from Illinois Rhythmic, coach Vdovets; Charlene Edwards from Oakland Rhythmic Images, coach Magda Lusa; Kristi Smith from Gymnos, USA, coach David; and Jennifer Hirslein from Illinois Rhythmic, coach Vdovets.

JUNIOR ALL-AROUND COMPETITION

The 1989 season was a year for im-



Ignoring distractions, Jennifer Lovell received the score she needed during her hoop routine.

provement in the junior competition. Not only did they improve, they made great strides!

Naomi Hewitt-Couturier was one of these athletes. She won the competition with a 34.95. Hewitt-Couturier scored the only 9.0 received by a junior at the Rhythmic Nationals. She scored a 9.05 on the hoop event.

Last year Hewitt-Couturier, who trains at United Nations International School in New York, NY, placed 13th at Nationals. Her coach, Anthe Buehl said, "I was not surprised with her performance but I was surprised she is the Junior National Champion."

Naomi was brought into the sport by Magda Schuster who saw her doing ballet in fourth grade at school and thought she had the talent for a rhythmic gymnast.

Hewitt-Couturier, 12, said, "I didn't expect it. I'm real excited because winning this competition is a dream come true."

Another surprise was Polina Friedland who last year placed 19th and this year, jumping 17 spots, placed second in the all-around competition with a 34.90. Friedland is from LA Lights in Culver City, CA, coached by Svirsky. Her best event was hoop with an 8.65.

Bianca Sapetto, from California Bronze in Redondo Beach, CA, placed third all-

around with a 34.20. Sapetto, coached by Lydia Rose, also made a jump from last year's tenth place finish to this year's third place finish.

Another junior who is moving up the ladder quite rapidly is Beth Ogden from the Miami Twisters. Ogden, coached by Mary Ellen and Maureen Holdreth, placed 24th last year and came out fifth all-around this year to make the Junior National Team. Ogden scored a 34.60 all-around.

Other gymnasts to make the Junior National Team were: Franca Abbateello from West Coast Waves, coach John Beretta and Sandy Conley; Jennifer Leach and Christy Newman from United Gymnastics Academy, coach Marina; and Felix Davidovich, and Alicia Albe from Alt's Stars, coach Lucyna Janowska.

INDIVIDUAL FINALS COMPETITION

For the seniors, Simpson kept the crowd spell-bound by her beautifully choreographed rope routine. Simpson, noted for her elegance and flexibility, took top honors in this event with a 9.30 as well as top honors in the ribbon event with a 9.40.

Jennifer Lovell placed the toddler who wandered across the mat during her routine and ended up being the cham-

pion in two of the four individual event finals, hoop and ball. Lovell's hoop music contained harmonica and piano and was entitled, "I Need." It made a big hit with the judges and the crowd to earn Lovell a 9.40. Lovell's entertaining ball routine scored a 9.30.

On the junior side of competition, Hewitt-Couturier won three of the four events. She scored 8.95 on hoop, 8.8 on rope and 8.9 on ball. The clubs event went to Christy Neuman with a 8.85.

CHILDREN COMPETITION

Children aged 10 and 11 who qualified with a junior qualification score of a 32.00 all-around were invited as special guests to compete at the championships. The five upcoming talents to compete were Lily Chung, Bonnie Chung, Caroline Hunt, Anna Keel, and Missy McElroy. Out of this extraordinary young and talented group of athletes, Hunt, age 11, took first all-around with a score of 34.20.



Aware of the new talent, Diane Simpson put on a show with her rope routine.

When asked what she thought of her performance, Hunt said, "I thought it was pretty good except for my drop in clubs on the double toss. I usually don't do that." Hunt traces with the Illinois

Rhythmics, coached by 1988 Olympic coach Irena Vdovets.

SENIOR DIVISION

Place	Name	All-Around
1)	Alexandra Feldman	36.50
2)	Diane Simpson	36.35
3)	Jennifer Lovell	36.00
4)	Laura David	35.30
5)	Jennifer Haase	35.20
6)	Molly Krause	34.90
7)	Tracey Lapore	34.70
8)	Charlene Edwards	34.60
9)	Kristi Smith	34.35
10)	Jennifer Hruska	34.30

JUNIOR DIVISION

1)	Naomi Hewitt-Couturier	34.95
2)	Polina Friedland	34.30
3)	Burca Sapetto	34.20
4)	Franca Abbatello	34.10
5)	Beth Ogden	34.00
6)	Jennifer Leach	33.55
7)	Christy Neuman	33.50
8)	Alicia Albe	33.40

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TRIAL FOR THE TOUGH

What started as a friendly handshake between competitors in a Denver hotel room, resulted in a grueling three-day "gymnastics-a-thon".

BY LUAN PESZEK

Winning her last four major competitions, Brandy Johnson is on a roll and believes the best is yet to come.



A day before the U.S. Challenge competition was to begin, U.S. team members were called together for

a briefing about the meet's format. After the "technical talk", the competitors met their opponents, renewed friendships, shook hands, and wished one another good luck.

The U.S. Challenge competition was a unique gymnastics format. It modeled the NCAA Basketball Tournament which, incidentally, was simultaneously in play. Each athlete competed head-to-head and

the winner advanced to the next round.

The winners of the contest proved to be true survivors since they performed their full routines on three consecutive days — especially in the Denver's male-high altitude, which most were unaccustomed to. Stamina definitely was a factor in this strategic competition.

Olympian Brandy Johnson conceded, "This competition was more nerve-wracking than the McDonald's American Cup because of the format. But it was exciting."

She added, "You know either you or your opponent will drop after each round. I couldn't help figuring scores in my head, but I tried to block it out and do the best I could."

The U.S. Challenge was created in 1981 and only survived two years. Because of the event's success, its future looks promising — it's already on the competitive schedule for 1990.

Olympian Lance Ringwald said, "I liked the format. It's intense watching

Photos by David Ruck



Although Ringnald was defeated the second round of competition by Kirksey, he retaliated in round three to win the U.S. Challenge.

your one and only competitor."

Although many of the competitors were relatively young and unknown—they may be our future U.S. Olympic Team. In fact, in the 1981 U.S. Challenge, all four men who made round three went on to make the 1984 Olympic Team. They included Scott Johnson, Mitch Gaylord, Peter Vidmar and Jim Hartung. Three of the four women in round three made the 1984 Olympic Team. They were Fanny Blöck, Johanna Mommass and Kathy Johnson.

Denver caught a sneak preview of what to look for in U.S. gymnastics

Johnson won her match over Karen Timmer, Margaret Ullett defeated Carol Ulrich, Lise Pinziron over Elisabeth Candell, Sheryl Dundas downed Jennifer Hagberg; Wendy Bruce beat Robin Richter, and Maria Neubauer over Kelly Fitzen. On the men's side, Ringnald won over Jeff Lutz; Kyle Asano over Jorge Garcia; Conrad Voorsanger defeated Brad Hayashi; Mark Warburton eliminated Drew Distadano; Mike Williams beat Scott Burr, and Patrick Kirksey over Mihai Begiu.

The only major upset in seeding placement occurred in round five for both men and women. Richter was seeded as number five and Bruce was seeded number eight, yet Bruce defeated Richter.

Dismounts were Richter's downfall. On bars she over-rotated a double back

flipaway, on beam she under-rotated a double back and on floor she, again, was short on her last pass—a round off, flip flop, double full. Richter trailed Bruce by 1.660 going into the last event and her 9.05 was no match to Bruce's 9.775.

The men's side incurred an upset when Williams seeded in number eight position defeated Burr seeded in number five position.

Burr's downfall came on the pommel horse. He was very aggressive and started out with a great set, but fell during a difficult series. After the fall he corrected several elements and ended up with a score of 7.60. This score didn't go well with his 9.4 on floor, 9.65 on rings, 9.3 on vault, 9.0 on parallel bars and 9.7 on high bar. Despite his mishap on pommel horse, he only lost to Williams by .65 and is sure to be a strong competi-

ROUND ONE

Round one included the full field of 12 female and 12 male gymnasts

tor in future competitions.

No one seemed more pleased with the first round of competition than Conrad Voorsanger, who was a late addition to the 12-man field. He replaced his injured Stanford University teammate, Tim Ryan, and then went on to defeat Brad Hayashi of Irvine, CA, 57.70-50.30.

Another happy gymnast was Sheryl Dundas from Capital Gymnastics. Dundas said, "I gained a little confidence after Jennifer Hingberg fell on beam, but I tried to keep it in perspective."

Brandy Johnson was the brightest highlight, breaking every standing record held at the U.S. Challenge. She scored 38.675 all-around which broke Diane Durham's record of 38.40 set in 1982.

Other highlights were Dundas' and Johnson's beam routines which both scored a 9.825 and Kirksey's parallel bar routine which scored a 9.80 — the highest score of the day for the men.

Azusa, from Stanford Gymnastics Club, was alone but when he came from behind to win his match against Jorge Garcia from Gymnastics Factory.

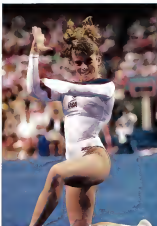
When round one was completed, a total of nine hours had passed — that's a gymnastics-a-thon!

ROUND TWO

During round two of the U.S. Challenge, Johnson defeated Uchii, Panzorum won over Dundas, and Bruce beat Neubauer. For the men, Ringnald won over Azusa, Warburton defeated Voorsanger, and Kirksey over Williams.

Kirksey placed first all-around for the men during this round of competition with the highest all-around score of his career — a 57.75.

He said, "It's going to come down to



Wendy Bruce's hair-raising performance on the floor contributed to her second place all-around finish.

endurance. I have to pace myself better for round three by not warming up so much."

Wendy Bruce who, in the final round, would compete against her teammate, Brandy Johnson, said, "I'm not really competing against Brandy. We're both just doing our routines — besides, I think she's unbeatable."

How right she was.

ROUND THREE

No surprises here! The predictable team of Johnson and Ringnald led throughout the entire competition. Johnson broke every record on her way to the title. She scored 9.9 on her Yurchenko full vault, a 9.875 on her bar routine, a 9.825 on her beam routine, and a

9.8 on her "Hot Stuff" floor routine.

Bruce didn't do so bad herself, placing second all-around with a 38.850. Panzorum, who twisted her ankle in round two during her floor routine, managed to disregard the pain and place third with a score of 37.70.

The Ringnald-Kirksey battle prevented Ringnald from winning the all-around during the second round, however, Ringnald retaliated and won the final round!

"I felt pressure since it was 'expected' that an Olympian would win the competition," said Ringnald.

Ringnald, like Johnson, led the men throughout the entire competition. He scored 9.8 on floor, 9.8 on pommel horse, 9.65 on rings, 9.60 on vault, 9.90 on parallel bars and 9.75 on high bar to finish with an all-around score of 58.50.

The University of Nebraska boys, Kirksey and Warburton, placed second and third with scores of 57.55 and 56.75 respectively.

ESPN COVERAGE

The U.S. Gymnastics Challenge was an event made for television in order to gain more exposure to the great sport of gymnastics. USGF Productions, the in-house television production company, produced and packaged the event for ESPN Cable Sports Network. Each round of competition was recorded in order to make 11 one-hour shows. Therefore, each gymnast in the U.S. Challenge will be shown on ESPN for an entire hour!

Cheryl Grace, the executive producer of the telecast and assistant executive director for the USGF, said, "The U.S. Challenge was an excellent opportunity to promote our future Olympians in an easy-to-follow format for the television viewer."

WOMEN'S TOURNAMENT

ROUND 1	ROUND 1	ROUND 1	
Brandy Johnson 39.475			
Raeann Tierney 37.30	Brandy Johnson 39.250		
Margaret Ullett 38.15		Brandy Johnson 37.50	
Carol Ulrich 36.675	Margaret Ullett 37.775		
Lee Peniston 38.625			
Elizabeth Crowell 37.725	Lee Peniston 37.850		
Sheryl Dundas 38.725		Lee Peniston 37.70	Brandy Johnson 39.500
Jennifer Hagberg 38.650	Sheryl Dundas 37.550		
Rolene Richter 36.30			
Wendy Bruce 38.625	Wendy Bruce 38.550		
Marna Newbauer 37.775		Wendy Bruce 38.850	
Kelly Pitzer 36.875	Marna Newbauer 37.525		
			2nd Place: Wendy Bruce 3rd Place: Lee Peniston

MEN'S TOURNAMENT

ROUND 1	ROUND 1	ROUND 1	
Lance Ringwald 57.5			
Jill Lane 55.950	Lance Ringwald 57.850		
Kyle Anzao 53.48		Lance Ringwald 58.50	
Jorge Garcia 53.00	Kyle Anzao 53.650		
Conrad Voornagel 58.450			
Brad Hayashi 52.20	Conrad Voornagel 58.180		
Mark Warburton 55.650		Mark Warburton 56.750	Lance Ringwald 58.50
Drew Dickinson 52.70	Mark Warburton 57.650		
Scott Perry 54.650			
Mike Williams 53.38	Mike Williams 54.850		
Mike Egan 50.30		Patrick Kirksey 57.250	
Patrick Kirksey 57.70	Patrick Kirksey 57.750		
			2nd Place: Patrick Kirksey 3rd Place: Mark Warburton

Gymnastics Loses A Great Friend

George Lewis Dies At 68

George Lewis was a dedicated sports enthusiast and a stabilizing force in the gymnastics community. At age 68, he passed away, less than a month from his 69th birthday. His accomplishments are lengthy and quite impressive. He was a volunteer coach for the YMCA in Seattle, WA for a number of years.

He also started a club program at Seattle Pacific University called *Gymnastics, Inc.* Lewis coached many national contenders between 1961 and 1979. Some of his gymnasts include: Jan Ahten, Laurel Anderson-Tindall, Debbie Halle-Jackson, Patty Larberman, Jill Johnson-Welker, Cleo Carver-Schensels, Janette Boyd, Carolyn Pingatore-Holmes, Dale McClements-Kephart and Joyce Tanas-Schroeder. In fact, in one year, he had five members on the U.S. National Team.

He produced three Olympians including McClements-Kephart, Tanas-Schroeder, and alternate Pingatore-Holmes.

Kephart said, "George strived to make each of his gymnasts the best they could



be, both as a person and as a gymnast. He was very caring and did everything for the kids."

Lewis was part of the coaching staff at the 1962 World Championships in Prague, Czechoslovakia. He also was inducted into the International Gymnastics Hall of Fame.

In addition to his outstanding gymnastics contributions, he was also involved in watchmaking. Lewis owned a shop called "The Time Shop." After selling his shop, he taught watchmaking at the North Seattle Community College, where he won numerous teaching awards. In 1987-88, he was awarded the Birlingame Northern Faculty Achievement Award, in 1989 he won the National Watch and Clock Collector's Association Fellow and, also in 1989, he won the National Teaching Excellence Award from Texas University — an award given once every 10 years.

Jackie Fix, FIG Women's Technical Committee Vice President, said, "George was in gymnastics for the good of the sport. He was a wonderful person."

all-around with a score of 38.925. This was an outstanding feat considering the impressive international field of competitors.

The last meeting with the East German team was during the Olympic Games when a 3.5 penalty was imposed on the U.S. team. This deduction cost the U.S. team the bronze medal. Therefore, it was especially gratifying for the U.S. to win a competition in East Germany.

Johnson, a crowd favorite from the beginning, was also voted "Favorite Gymnast" by those in attendance at the sold-out arena.



Tom Schlesinger, Kevin Brown, Cheryl Grace, Maki Sakamoto, Scott Burr and Brandy Johnson make up the U.S. delegation in Cottbus.

Second all-around went to Maria Neculita from Romania with a 38.725 and third all-around went to Canada's Lon Strong with a 38.35. Strong has made a remarkable comeback after breaking her leg at the 1988 Olympic Games. She demonstrated solid performances on each event.

In the men's competition, Scott Burr placed 16th all-around with a score of 55.30. Burr took the bronze medal on floor and fifth on rings. Schlesinger placed seventh on floor.

First and second all-around went to West Germany's Sylvio Kroll and Joerg Behrend with 57.7 and 57.35. Qiao Liang from China took third all-around with 56.90.

In addition to individual and all-around competition, the U.S.'s Johnson and Burr combined their efforts to win the bronze medal in the Mixed Pairs Competition. The pairs from the USSR and Romania, respectively, placed first and second.

International Tournament Of Cottbus

By Cheryl Grace

This year's International Tournament of Cottbus in East Germany featured men and women gymnasts from 28 countries including USSR, China, Romania, Japan, Hungary, Canada and East Germany.

The U.S. delegation consisted of gymnasts Brandy Johnson from Brown's Gymnastics in Altamonte Springs, FL; Scott Burr from Brigham Young University in Provo, UT; and Tom Schlesinger

from the University of Nebraska in Lincoln, NE. The coaches in the delegation were Kevin Brown from Brown's Gymnastics and Maki Sakamoto from Brigham Young University. Delegation leader and judge attending the top was Cheryl Grace.

This was the first time the U.S. women have participated in this event and it was a definite success. Johnson captured the gold medal in every event and

GYMNASTICS UPDATE

World Maccabiah Games

Steve Posner will coach the U.S. Men's Gymnastics Team at the 13th World Maccabiah Games, July 3-13 in Israel.

Posner's Maccabiah squad includes Scott Schaffie from Stanford, Adam Cooper from Parkettes, Eric Solky from Northern Illinois, Josh Stern from Gymnastics Factory, Mark Brufman from University of California-Santa Barbara, David Kanar from Wisconsin, and alternates Brian Richman from Massachusetts, David Perkelstein from Illinois and Harris Schecterson from Temple. Dr. Richard Ahlstrom will serve as the U.S. team manager in Israel.

"Coaching these fine athletes is a terrific honor," said Posner. "The Games are a combination of an outstanding cultural and athletic experience. The first week the athletes get together for social events and a visit to Masada by the Dead Sea. Athletes from each sport live together which should be interesting sharing knowledge from the different countries."

Posner has been the head men's gymnastics coach at Springfield College the last seven years. A former All-American who led the University of California-Berkeley to an NCAA title (1975), Posner won gold medals in the floor and all-around competition at the 1973 Maccabiah Games.

The Games, which are held every four years, pit Jewish athletes from all over the world in competitions similar to that of the Olympics. More than 4,000 athletes from 38 countries, including 500 from the U.S., will participate in this summer's 30 sports events.



Erik Solky from Northern Illinois

Phil Cahoy Award Recipient

Phil Cahoy of Omaha, NE, recently was inducted into the national J and K honorary society Alpha Omega Alpha. Cahoy was one of eight juniors in his 108-member class to receive the honor.

Cahoy, an All-American in gymnastics when attending the University of Nebraska, was also a member of the 1980 U.S. Olympic Team. The U.S. boycotted the 1980 Olympics and injuries ruined his chances of making the 1984 team. Cahoy went on to make the 1985 World Championships Team and the 1986 Goodwill Games Team. He also helped lead the Huskies to four straight NCAA Championships. Cahoy was one of America's greatest gymnasts.

Record Year For USGF Membership

This past month, the United States Gymnastics Federation hit the largest number of athlete memberships registered since the Federation's existence!

Each year the athlete who breaks the previous year's record is given a gift from the USGF. The record-breaking registrant for this year was Christina Hobson from Norina, Alaska. Christina is a 13 years old, class IV gymnast at Gymnastics, Inc. in Fairbanks, AK.



Christina Hobson from Norina, Alaska. Christina is a 13 years old, class IV gymnast at Gymnastics, Inc. in Fairbanks, AK.

Christina was assigned number 56,277 which bettered last year's registration record of 56,276.

Jan Claire, Director of Member Services, estimates this year's athlete memberships (those who compete in the USGF nationwide competition program) will exceed 58,000. "It's a real milestone," said Claire.

Hayashi Receives Award

Brad Hayashi, who is the men's junior national gymnastics champion, recently won top prize in the 1986 Astoria Athletic Scholarship Program.

Hayashi, 17, from Irvine, CA will receive a \$10,000 scholarship to the college of his choice. He was one of six winners selected in the five-year-old scholarship program sponsored by Schering Corporation.

The winners were selected from more than 900 applicants nationwide and will be awarded at an awards banquet at the Pierre Hotel in New York.

Hayashi, recipient of a California State

Academic Excellence Award in Geometry among other academic honors, is listed in "Who's Who Among American High School Students." In 13 years of competition, he has won numerous state, regional, conference, All-Star team and national all-around titles in gymnastics. He is the 1986 California State and Region 1 floor champion, the state all-around champion, and the state champion on rings. At the 1986 Junior Pan American Games, he took a gold medal in team competition, a silver medal for individual all-around and a bronze medal in vault.

EVENT RESULTS

The Moscow News

Sandy Woolsey, from the Desert Devils in Scottsdale, AZ, recently placed an outstanding sixth place all-around at the Moscow News competition. In addition, Woolsey placed third on floor exercise with a 9.4 and fourth on bars with a 9.45.

This event, held in Moscow on March 21-April 1, was filled with talented gymnasts including top Soviet Olympian finishers Svetlana Bogutskaya and Natalya Lachchenova. Bogutskaya finished first all-around with 39.475. Second and third all-around also went to the Soviet Union's Yulia Kuty with 39.275



Sandy Woolsey

and Elena Sherchenko with 39.250. Woolsey scored a 37.70 for sixth all-around.

The U.S. delegation consisted of Woolsey and her coach Jon Aitken, Wes Suter from the University of Nebraska, Trent Dumas from Gold Cup Gymnastics in Albuquerque, NM; Coach Jim Harburg from Lincoln, NE; and Judge and Delegation Leader Shirley Rhoads.

The Soviet men dominated the competition taking first through fourth in the all-around. Valentin Mogilyov took first with 58.95, Vitaly Marinich took second with 57.85, Sergei Hachov took third with 57.3 and Vladimir Gogobador took fourth with 57.10. The top U.S. finisher was Trent Dumas with an all-around score of 54.70.

International DTB-Pokal

By Hana Christie

The 1989 International DTB-POKAL Rhythmic Competition was held in Karlsruhe, Federal Democratic of Germany. The U.S. was represented by the 1988 National Champion and Olympian Diane Simpson. The whole atmosphere was friendly but highly competitive.

Bulgaria's Adriana Danavaska and Marinova Mila placed first and second in the all-around with 38.80 and 38.70.

Simpson placed 10th all-around with a 36.85, leaving behind top competitors from Hungary, Yugoslavia, Poland, Italy and other strong performers which were hard for the U.S. to beat in the past. This was an important step which should open the way for the whole U.S. rhythmic program.

Li Jing Wins The 1989 China Cup

By Bob Elvinger

China's Li Jing won the 1989 China Cup International Gymnastics Tournament this May. Jing was very impressive in finals, especially on high bar. He scored an outstanding 57.550 in the all-around followed by his teammates Li Ge (57.25), Zhang Wei (56.5), and Qiao Liang (56.45), who took second, third and fourth, respectively. For the U.S., Mike Farina scored 52.95 and Jason Brown scored 52.85.

The U.S. delegation consisted of Brown from Brigham Young University, Farina from the University of Minnesota and Minnesota's Head Coach, Fred Rothlisberger. Judge and delegation leader was Bob Elvinger.

French International Competition

By Linda Chencinski

The Third French International Competition took place in Paris, France on April 14-16, 1989 and included representatives from the Soviet Union, Romania, China, Canada, Bulgaria, Hungary, West Germany, Switzerland, Spain, France and the USA.

Those individuals in the U.S. delegation were gymnasts Kim Zmeskal, Chelle Stack, Trent Dumas, and Jar Lynch. Also on the trip were coaches Martha Karolyi and Ed Burch and judges Linda Chencinski and Sid Drayn.

This three day competition consisted of all-around finals, event finals and mixed pairs. Daniela Siliva from Romania won the all-around with 39.475.

Svetlana Bogutskaya from the Soviet Union placed second with 39.375 and third went to Romania's Cristina Bontas with 38.500.



Chelle Stack places fourth

The U.S.'s Chelle Stack placed fourth all-around with 38.40 and fourth on bars with 9.40. Kim Zmeskal placed ninth all-around, 38.075, third on balance beam with 9.7 and fifth on floor with a 9.775.

For the men, 1988 Olympian Valery Mogilyov from the Soviet Union took first all-around with a 57.600. Second all-around went to the German Democratic Republic gymnast, Andreas Wecker, with 57.450. Dumas scored 53.50 and Lynch scored 50.00 all-around.

Romanian International Tournament

By Don Robinson

The Romanian International Tournament was held in Bucharest, Romania on April 17 - 24. The U.S. delegation included athletes Jay Caputo from the University of Nebraska and Jody Newman from Arizona State. Don Robinson from Arizona State was the coach and Don Allen was the delegation leader and judge.

The floor scores were very strict but appeared to be the key to success. Both Caputo and Newman did excellent routines.

Both Caputo and Newman did excellent routines. Newman hit the best set of his life and stole the hearts of the entire crowd. He led for first in this event with Gherman Marius from Romania with a 9.7.

On rings, both U.S. gymnasts placed in the top of the ranks with Newman placing third, 9.65, and Caputo placing fourth, 9.60. First and second place went to Romania's Marius with a 9.8, and Nicolae with 9.675.

Newman placed fifth on parallel bars with a 9.4, seventh on high bar with a 9.1 and seventh on vault with a 9.0.

In the all-around, Caputo took eleventh with 54.0 and Newman took seventh with 55.35. First all-around went to Marius with 58.0 and second went to Nicusor from Romania with 57.3.

As the competition came to a close, the Romanians picked Jody Newman as their favorite gymnast!

1989 Junior Pacific Alliance Championships

The 1989 Junior Pacific Alliance Championships were held in Indianapolis, IN, on June 9 - 10. This international competition featured gymnasts ages 11 - 18 from nine countries including Australia, Canada, Colombia, Hong Kong, Korea, Mexico, Philippines, Chinese Taipei and the U.S.

Robert Cowan, USGFP Men's Program Administrator said, "This is the second year for this event and the level of competition has improved tremendously. We have also seen an increase in participation among countries who ordinarily do not compete."



Pictured from left to right: Katie Jennings, Kerri Strug, Heidi Hornbeck and Anne Woynerowski.

The U.S. men's team was well-represented by Kyle Asano, Drew Durbin, Jorge Garcia, and Brad Hayashi. Asano took second all-around with 54.40, slightly missing first to Chung Feng-Chun from Taipei with 54.95. Third all-around went to the U.S.'s Garcia with 54.30. Hayashi placed sixth with 53.75 and Durbin placed thirteenth with a score of 51.70.

Cowan said, "Unfortunately, the U.S.' top athletes for this competition,

Kap Simons, broke his hand the day before the competition. However, we substituted Simons with Durbin, who



Jorge Garcia & Kyle Asano

had never competed internationally, and he did a great job under the circumstances."

In the men's team competition, Taipei edged out the U.S. with a score of 162.55 to 163.1. Third place went to Korea with a score of 160.50.

The U.S. women's team had outstanding performances by Heidi Hornbeck, Katie Jennings, Kerri Strug, and Anne Woynerowski.

In fact, these young ladies, aged 11-13, won the team competition with a score of 113.525. They were followed by Canada with a score of 113.025 and Korea with 106.65.

Kathy Kelly, USGFP Women's Program Administrator, said, "The USGFP commends the girls' coaches for the wonderful work they've done at the Junior B National Team Training Camp. The gymnasts demonstrated excellent technique."

Stella Usch from Canada placed first in the all-around with 38.40 followed by Woynerowski with 38.25. Third all-around went to Strug with 38.075. Jennings tied for fifth with Tara Sherwood from Canada, scoring 36.90. Hornbeck followed close behind to place seventh with a score of 36.85.

Kelly said, "It is tremendous to see such mature performances from the youngest of our elite competitors. We have bright hopes for the future as we continue to elevate our international standings set forth from the 1980 and 1984 Olympic Teams."

EVENT RESULTS

Woolsey Wins At American Classic

The 1989 American Classic was held in Oakland, CA on May 19 - 21. This competition qualified the top 16 senior finishers to the U.S. Championships to be held July 7 - 9 in Bloomington, MN. It also qualified the top 12 juniors to the Olympic Festival

which will serve as the Junior National Championships. The Olympic Festival will be held in Oklahoma City, OK in July.

In the Elite Senior Competition, two gymnasts from the Desert Devils in Scottsdale, AZ took first and second all-around. Sandy Woolsey took top honors with a combined compulsory/optional score of 74.780, while teammate Juliet Bengertner trailed slightly with a score of 74.720. Third all-around went to Jenny Ester from Gymnastics Country, USA with a score of 74.680.

In the Elite Junior A Competition, Shannon Miller from Dynamo Gymnastics placed first with a score of 73.525. Second all-around went to the Parkettes' Jana Reardon with

73.275 and third all-around went to Elizabeth Okano from Illinois Gymnastics Institute with 72.775.

Elite Junior B Competition displayed a great deal of talent — especially with the first place all-around finisher, Korn Strug. Strug, 11, coached by Jim Gault, took first in every event except vault. Second all-around went to Anne Woynerowski from North Stars and third all-around to Heidi Hornbeck from Arizona Sunnys.



Desert Devil—Sandy Woolsey

15th International Tournament Of Rhythmic Sportive Gymnastics

The 15th International Tournament of Rhythmic was held in Corbeil-Essonnes on May 9 - 15.

The U.S. delegation consisted of gymnasts Diane Simpson and Alexandra (Shum) Feldman, Coach Irina Vidovets and Judge Helena Groothuise. Thirty countries and 82 gymnasts participated in this prestigious competition. Aleksandra Timoshchenko from the Soviet Union won the all-around competition with a score of 38.15. The silver medal went to Adriana Domerescu from Bulgaria with 38.0 and the bronze medal was awarded to the Soviet Union's Olesya Skaldina with 38.90.

Simpson was the top U.S. finisher with a score of 36.55 and, following closely behind, was Feldman, with a score of 36.05.

Simpson trains at Illinois Rhythmics under the direction of Irina Vidovets and Feldman trains with Coach Alla Sytnsky at the Los Angeles School of Gymnastics.

ELITE SENIORS

#	Name	Club	Score
1	Sandy Woolsey	Desert Devils	74.78
2	Juliet Bengertner	Desert Devils	74.72
3	Jenny Ester	Gym. Ctry, USA	74.68
4	Kristen Kenoyer	Parkettes	73.62
5	Agnes Simpfendorfer	IL Gym Inst	73.42
6	Tracey Cole	Dynamo Gym.	73.41
7	Kim Kelly	Parkettes	73.04
8	Robin Richter	NE Schl of Gym	72.99
9	Holly Voorhees	Saginaw Gym. Instans	72.86
10	Marna Neubauer	Great Amer Gym. Exp.	72.73
11	May May Leung	North Stars	72.39
12	Anne Olson	Karolyi's	72.12
13	Tracy Lennie	Clover Academy	71.92
14	Hillary Anderson	New England Gym.	71.83

ELITE JUNIORS

#	Name	Club	Score
1	Shannon Miller	Dynamo Gymnastics	73.525
2	Jana Reardon	Parkettes	73.275
3	Elizabeth Okano	Illness Gym. Inst	72.775
4	Domonique Dawson	Hill's Angels	72.600
5	Danielle Wood	American Twisters	71.525
6	Lara Humphrey	Capital Gymnastics	71.525
7	Heidi Kaye	Parkettes	71.450
8	Elizabeth Walker	Oklahoma Gym T.C.	71.075
9	Kristen Lynn	Gym. Country, USA	70.850
10	Hillary Grivich	Karolyi's	70.775
11	Beth Kamenman	Bucks Gym. Team	70.725
12	Cina Jackson	Dynamo Gymnastics	70.475

EVENT RESULTS

Junior Olympic National Championships

By Mary Ann Mahoney

The Junior Olympic Nationals were held in Dallas, TX, May 5-7 & May 12-14. In the Junior Division, 12-year-old Sammie Muhleman from Karolyi's Gymnastics in Houston, TX, hit eight out of eight routines to take the all-around title. In her first national-level competition, she won floor, beam, bars and tied for first place in vault with Leslie Angeles from Blake's Gymnastics. Anitra Sheldon from North Stars placed second all-around and Lauren LaBrenche from New England was third. Region III took the team title, counting only one fall among the forty scoring routines. All Region III team members



Sammie Muhleman

were competing in their first national-level meet.

In the senior division, Kim Leslie from Richardson Gymnastics Center scored 9.8 on her compulsory vault and 9.8 on optional bars as part of her winning all-around performance. She helped lead her Region III Senior teammates to the team title. She also placed first on vault



J.O. Senior National Team

and bars. Kimberly Baker from Hugs Gymnastics won the beam title and Suzanne Metz from Twisters won floor. Baker placed second all-around and Metz placed third all-around.

All the athletes competing received records and warm ups compliments of Elite Sportswear, Ltd. The J.O. National Teams were awarded specially designed apparel from Elite.

Billy Booth and his Richardson Gymnastics Center staff provided an outstanding meet. They displayed great Texas hospitality!



J.O. Junior National Team

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Slim & Trim Tips

By Laura Powers
Education Coordinator

Despite popular belief, the nutritional needs for gymnasts are not much different than the average person — both have great difficulty in faithfully following the U.S. Dietary Guidelines. The gymnast not only shares these common problems, but adds to them the problems associated with training, school work, travel, competition, concern about gaining weight, and added stresses placed upon him/her by parents and coaches.

Another problem athletes face is the source of their nutritional knowledge which originates from coaches, parents, television, magazines, and other sometimes, unreliable sources. This often results in information based on myths and misconceptions.

The following are dietary guidelines that should help you to stay in top shape and perform your very best.

DIETARY GUIDELINES

The requirements of a gymnast's diet, in accordance with U.S. Dietary Guidelines and the increased need of a few other nutrients, are as follows:

A VARIETY OF FOODS DAILY

Daily needs include: breads and cereals, 4 or more servings; fruits, 2 servings; vegetables, 2 servings; dairy,

GUIDELINES

To reduce your fat intake, follow these simple suggestions:

1. Select lowfat dairy products: lowfat milk and lowfat yogurt.
2. Limit intake of high-fat cheeses such as swiss, monterey jack and cheddar. Substitute with part-skim mozzarella.
3. Limit intake of butter, margarine, shortening, oil (especially lard, palm, and coconut oils), salad dressing, and mayonnaise.
4. Limit red meat to 2-3 servings per week.
5. Remove the skin from chicken.
6. Limit intake of eggs and organ meats.
7. Broil (without fat), bake, boil, or microwave foods instead of frying.
8. Avoid high fat desserts such as cookies, cakes and pies. Substitute with fruits and frozen yogurt.
9. Avoid cream sauces, cheese sauces and gravies.
10. Limit nuts and peanut butter to once or twice a week.

2-4 servings; and meat, 2 servings.

WATER

Drink adequate amounts of water, which is generally 2-3 quarts daily. Drink generously up to one hour before competition.

CARBOHYDRATES

Complex carbohydrates are the best source of energy, and are the preferred fuel for the exercising muscle. There are two types of carbohydrates: complex and simple. Most gymnasts need to increase complex carbohydrates (starch) and reduce simple carbohydrates (sugars). Complex carbohydrates will also keep the blood sugar level constant, supply needed dietary fiber, and will tend to keep the athlete "feeling full" — not "stuffed" — longer.

Good sources of complex carbohydrates are bread products made with whole grain flour, such as bagels, English muffins, and pita bread. Beans, peas, potatoes, oatmeal, pasta, rice, vegetables, and low fat crackers are also good sources of complex carbohydrates.

Simple carbohydrates such as sugars found in candy and fruit tend to quickly elevate blood sugar levels, then drop them even lower. Symptoms such as feeling light-headed, lack of coordination, shaking,

SPORT FITNESS

and hunger can follow the eating of simple sugars. That is why complex carbohydrates provide the best means for pre-competition/training food, as well as snacks. They are released slower into the bloodstream, and alleviate any unusual up and down swings in behavior.

PROTEIN

Protein is made up of amino acids (building blocks) which are used to build, maintain, and repair tissue. They also aid in digestion, metabolism, and formation of hormones and antibodies. Protein is the major constituent of muscle.

A gymnast's need for protein may be slightly higher than the average person, but most people are already consuming two to three times more protein than is required. It is recommended that a gymnast get 5 - 7 grams of protein per pound of body weight. This can easily be obtained by choosing lean sources of protein such as chicken, turkey, fish, shrimp, tuna, oysters, beans, and lean red meat. Low-fat preparations such as broasting, baking, and microwaving methods are best to keep fat intake low.

FAT

Most gymnasts need to reduce their intake of fat. Total fat intake should not exceed 25 - 30 percent of your total intake of calories. While small amounts of fat are important in the diet, too much contributes to excess body weight and lack of energy to perform at your best.

VITAMINS AND MINERALS

If you are eating a balanced diet, supplements are not necessary. There is no truth to the myth that large doses of vitamins will give you more energy or improved performance. Necessary nutrients are best absorbed in food. Certain fat-soluble vitamins (like vitamin A and D) and minerals can even be toxic. Extra amounts of water-soluble vitamins are simply flushed out in your urine. Some water-soluble vitamins such as Vitamin C can cause nausea, abdominal cramps, and diarrhea if taken in excessive amounts. If you think your diet is deficient, see your doctor or dietitian.

Use of salt tablets is another myth. The cramps experienced by the gymnast are the result of water loss through sweating. The best cure for cramps is to drink plenty of water before, during, and after training and competition. Salt tablets only contribute to the problem of cramps.

YOU ARE WHAT YOU EAT

"You are what you eat" has more truth in it than ever before. A well-trained and prepared gymnast will never attain ultimate athletic success until all elements of health and wellness are taken into consideration. The significant role nutrition plays in the total game plan is finally being discovered by many gymnasts and coaches. Following the basic guidelines will get you off to a good start.

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THE BENEFIT OF A DOUBT

The story you are about to read is exaggerated, but still holds much more than an inkling of truth. The names have been changed to protect the "health" of the author.

By Jeff Gothard

*Head Coach - Southern
Indiana Gymnastics*

My hands were joined in a sweaty clasp behind my back, as I nervously paced the perimeter of the floor exercise area. My best gymnast, Thelma, was up next, and with her rested the ominous responsibility of performing the first double back ever competed by one of my kids. She had to make it. This was a big meet, with big teams, doing big skills, and I was tired of being little.

Thelma and I shared some sentiments, minutes after warm-ups had ended. "Thelma, if you don't stick that double back," I said, taking her gently by the hand, and looking warmly into her eyes, "You'll walk home." Fact has always been one of my stronger suits.

Thelma's turn finally arrived, ending my pacing marathon. As Thelma straddled her position on the floor, my breathing halted in tense anticipation. She posed, ready to begin. The music started. My breathing didn't. The double back was her first pass.

She danced fluidly in the corner, paused, and sprinted down the diagonal to meet her fate and my future: Round-off, flip flop, (stretch, Thelma, stretch!) set, (lift!) double back, (great, great!) land, (Yest Yes!) Sit. (No! No!) Roll. (I'm finished!)

Thelma had not only over-rotated and fallen on the double, she had also managed to go so far out of bounds she was next in line for vault. How could she do this to me? I was stunned and bewildered, not unlike the survivors of an airline crash you see on television. This was only momentary, however, as my ego soon regained its usual control over my nerve-racked body. A cascade of comments concerning malevolent irresponsible juveniles erupted from my mouth in a steady stream, periodically punctuated with displays of my faultless maturity.

I kicked a chair, punched a wall, and heaved my half empty soda across the auditorium. I was so mad, I couldn't watch what remained of Thelma's routine. I stormed out of the gym, the picture of stoic behavior.



Thelma found me later, in the concessions area sobbing in my nachos, and tending to my sore knuckles.

"I'm sorry, I tried," she said.

"Well," I asserted, wiping my tears away, "You didn't try hard enough. You made me look stupid!"

Upon spitting out that last word, I noticed several people staring at me. I chose to ignore them, figuring them to be coaching fans, awestruck by my mastery of child psychology. As I turned back to Thelma, she was shuffling away, head hanging. "Get ready for hard!" I shouted after her. "And you better not miss that Karchev!"

Well as you may have guessed, the Teacher fell prey to what I perceived to be Thelma's "immaturity", as did various other skills, most of which were totally alien to this rampage of inconsistency. This fueled my fire of intolerance even higher. As I seethed, the "coaching" I gave Thelma that day varied only in result and magnitude of accompanying arm gesticulations.

While traveling home with a disheartened group and a sore ego, I was unaware that enlightenment would find me the following day in my gym, and arrive in a most unlikely package.

Thelma stood in the corner of the floor exercise mat, poised to initiate her unprovoked attempt to rectify her mistake of the previous day's competition. We were well into the second hour of these attempts, and as Thelma tired, so did my patience.

"If you try hard enough, you'll stick it!" I screamed, emphasizing my point by vigorously shaking my nearly healed knuckles in her direction. Thelma tried harder, only to once again plant her gluteus on the worn carpet. Maybe mom was right. Maybe I should have been a dentist.

Just as thoughts of molar extractions and pretty nurses began to fill my wandering mind, I felt a hand tug at my arm. The hand was attached to Judy, one of Thelma's younger teammates.

"I know, coach," she said, "it seems like if Thelma would tuck faster, she might stick that double."

"Oh yeah?" I asked, glaring menacingly down at her. "Well who made you the coach?"

"Nobody," she said quietly and walked back to her group.

I took Judy's comment only as a nuisance at first, yet it partially awakened some rusty awareness of what my responsibilities truly were. Upon Thelma's next attempt, I observed two things:

1. Judy was right.

2. I was an idiot.

These realizations quickly punctured my ego into quiet submission. As Thelma tacked back to begin another pass, I offered my counterintuitive advice. "Uh, y'know, Thelma, if you tucked faster, you might be able to stick that double." Thelma gazed at me in wonderment. (She was, after all, totally unaccustomed to dialogue containing technical jargon.) The wonderment, however, soon gave

way to ambition. Her eyes lit up, she nodded her head enthusiastically, and jogged back to the corner.

As Thelma stood motionless, focusing for one last attempt, my heart was hammering. She surged forward, arms pumping and her face a mask of determination. Round-off flip flop (Stretch, Thelma!) Set, (Good!) Double back, (Good!) Land. Stick! No steps, no falls.

I finally realized something that experience had been unable to hammer through my fortress of self interest — coaching was not an avenue for ego gratification and fustian ultimatums, but a chance to develop skills and relationships that would not only accelerate progress, but just might make the gymnast feel good about himself!

Amid the cheers and congratulatory hugs that followed Thelma's pass, I managed to thank both Judy and Thelma, one for her insight, the other for her toleration.

Since that humbling experience, I've grown to realize how much I love these kids, and appreciate their unceasing desire to energetically pursue the goals I set for them. These days, I always try to give the gymnast the benefit of a doubt, despite what my pride suggests. Consequently, the kids have improved faster, and coaching has become much more enjoyable. I figure that's what really matters anyway. Besides, I hear dental school is expensive!

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Dr. Keith Henschen is the chairman of the sports psychology subcommittee of the United States Gymnastics Federation and also the Director of the Doctoral Program of Sports Psychology at the University of Utah. Dr. Henschen has studied coaching behaviors in depth and wrote his reaction to Gotherd's article "The Benefit of a Doubt."

My initial reaction to Gotherd's article, "The Benefit of a Doubt," is a giant thank you. He was very candid with his comments and expressed his sensitive feelings very succinctly. The article illustrated what recent articles concerning coaching have attempted to communicate. Coaches appreciate your opinion, but turns that anyone could understand.

Articles by Henschen, Sands, and Gordin (1988) and Gordin, Sands, and

Henschen (1988) reported that athletes respond best to positive reinforcement rather than screaming, yelling and general harassment. The athletes said they wanted specific information from the coaches instead of emotional, degrading outbursts. It is obvious from the article that the young gymnast was trying extremely hard (probably too hard) to do what the coach wanted. The harder she tried, the less successful she was. Finally, the coach realized that his methods were not getting through and, therefore, attempted a different approach. Fear, intimidation, threats and immature emotional actions only serve to make most people tentative instead of confident in their abilities.

The most impressive message from the article was the illustration of how most coaches behave because of their

own ego involvement at the expense of the athletes' feelings. The steady stream of belittling and discouraging comments coming from the coach are simply ego defense mechanisms. Kicking chairs, jumping tables, and throwing sodas are all nonverbal displays of immaturity, that any adult (let alone a coach) should be ashamed to do. These actions bring attention to the coach and further accentuate the athlete's previous mistakes. This is absolute negative reinforcement. Possibly the most significant statement in this article was, "Coaching was not an avenue for ego gratification and forceful ultimatums, but a chance to develop skills and relationships that would not only accelerate progress, but just might make the gymnast feel good about herself."

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NCAA COMPETITIONS

Fighting Illini Vault To NCAA Title!

By Wes Suter

It took 31 years for it to happen, but the University of Illinois won an NCAA Championship title — and it wasn't in basketball. The men's gymnastics team clinched the NCAA Gymnastics Championships and made a bit of history in the process. This is the first NCAA Title the school has won since 1958!

The Illini didn't have an easy task at hand. They had to defeat the powerful defending champions — the Nebraska Cornhuskers.

Head coach of the NCAA Championships, Yoshio Hayasaka, said, "Six out of the nine guys on the team worked together for four years. They are a very unified and cohesive group which has contributed to their success." It took all nine of them to accomplish the goal — winning the NCAA Championships.

Once again, the University of Nebraska in Lincoln hosted the event. The ten team competition began April 13th and was one of the most exciting NCAA competitions in years. Nebraska, Minnesota and Illinois were the top three teams to advance to the team finals.

The top ten teams in the U.S. fighting to qualify into the three team finals were Illinois, UCLA, Houston Baptist (HBU), Ohio State, Minnesota, Stanford, Iowa, Arizona State, Penn State, and last year's champions, Nebraska. Competing with these teams were two groups of individual qualifiers in individual events and all-around.

Heading into Thursday night's competition, the consensus among the coaches favored Illinois as the dominant team with, possibly, five other spoilers. Each coach and athlete was well aware that a couple of missed routines could possibly lose a spot in the three team final.

Minnesota started the competition off



University Illinois, 1989 NCAA Champions

with a bang on the parallel bars. They had five scores above 9.5 with a total of 47.95 to steal the early lead. In the meantime, both Nebraska and UCLA hit solid routines on their first event — rings. Their totals were 47.25 and 46.95 respectively. HBU was equally solid on floor totaling 47.25. Illinois, the pre-meet favorite, had the tough task of starting on the pommel horse. They had a couple of slight misses but rallied for a 46.95 total.

After settling down from their first event, Nebraska, Illinois, Minnesota, and UCLA performed excellent in their next three routines. HBU, on the other hand, had three missed routines on their second event, the pommel horse. The other five teams performed well, but were hurt by misprints and looked forward to next year.

In the fifth rotation, Minnesota, Illinois, Nebraska and HBU all performed well, while UCLA had to count three low 9s on floor. At the end of the rotation, two points separated these five teams. This made for the most exciting sixth and final rotation in years.

Minnesota was on vault, Illinois on floor, HBU on the horizontal bar, while both UCLA and Nebraska were on

pommel horse. Minnesota and Illinois hit their events moving them into the finals.

HBU had problems on high bar with three misses — most notably, the pre-meet favorite in the all-around, Alfonso Rodriguez. Flummoxed by a shoulder injury, he put together five awesome routines to take the lead in the all-around until a missed high bar release dropped him down.

Under a great deal of pressure, both Nebraska and UCLA rocked routines on the pommel horse. However, UCLA had too much ground to make up and finished the meet in fourth. The final standings heading into the team finals were Nebraska 283.60, Minnesota 282.35 and Illinois 282.95.

Team Finals

It was a whole new ballgame in the team finals because no scores were carried over from the night before.

In the first three rounds, the all-arounders from Nebraska — Patrick Kirksey and Mark Warburton — took charge. Minnesota's Mike Farina, Joy Caputo and Mark McKernan kept them close. All three teams had trouble on pommel horse. Nebraska had a slight lead heading into the final three events.

Illinois' seniors then took things into their own hands. Chris McKee, competing with a stress fracture in his leg, did



Patrick Kirksey

NCAA COMPETITIONS

an excellent job on vault and high bar. While David Zeddes, this year's Nissen Award winner, had the highest all-around score in the team final to lead his team to their first NCAA title since 1988. Another key in winning was Illinois' performance on the vault. They performed more difficult vaults beating Nebraska and Minnesota by almost a full point in that event alone. The final score was Illinois 283.4, Nebraska 282.3, and Minnesota, 280.53.

"Vaulting was the key for us," said Hayasaki. "We put an emphasis on vaulting, to have the difficulty ('D') vaults worth 9.63. We have five guys who do a 9.60 vault and that made a change in this competition."

David Romero, Emilio Marrero and Zeddes all scored a 9.50 on their vaults in the team final competition.

All-Around

The compulsory round score would be combined with the optional score to

determine the NCAA all-around champion. The gymnasts had to execute all new routines since the ones from the 1988 Olympic Games were retired.

Nebraska's Patrick Kinkadee had the lead from the optionals with a total of 57.95, followed by Ohio State's Mike Racanelli, 57.45 and UCLA's David St. Pierre, 57.30. All three gymnasts handled these new routines well and stayed in the same order. Nebraska's Bob Stetler and Stanford's Conrad Vornberger and Tim Ryan gained ground with the new compulsories moving them up to All-American status.

Individual Finals

Arizona State's Jody Newman started off the competition taking top honors by doing a flawless full-on to a flip flop followed by his second pass—a double back punch front one and a quarter. He scored a 9.80.

Defending pommel horse champion Mark Sotiri, from Penn State, shared his

title this year with UCLA's Chris Waller. Waller mounted with an exciting flare spindle travel. Both gymnasts posted 8.800.

Houston Baptist's Rodriguez and New Mexico's Paul O'Neil tied for first on the rings with a score of 9.950. Both men performed incredible strength sequences and Guczaghy's O'Neil did his Guczaghy in the layout position.

Never before has a gymnast dominated an event the way Chad Fox did on vault. He won his fourth consecutive NCAA vaulting title with a score of 9.625 by performing a one-and-a-half twist on the vault handspring off.

Rodriguez won his second title of the night on parallel bars. He performed giants, a locked arm peach, and stuck his double tuck dismount for a score of 9.80.

Last year's high bar champion, Miguel Rubio from Houston Baptist, once again won this year. He performed two releases and stuck his triple dismount for an incredible score of 9.950.

1989 NCAA Women's Gymnastics Championships

By Joanna Starek

Georgia, Bulldogs, Georgia, Bulldogs." The chant echoed through the Georgia Coliseum, culminating in a deafening roar as the Georgia Gymnastics Team captured its second National Collegiate Women's Gymnastics Championship.

For the third straight year, a team from the deep South snagged its way into the spotlight in a sport historically dominated by teams from the West. The victory was as unexpected as the Lady Bulldogs' first national title in 1987 when they defeated the perennial champions, Utah. Reminiscent of two years ago, Georgia entered the competition seeded fifth. However, last year Georgia was ranked first in the nation for the majority of the season and this year ranked



Georgia's Corinne Wright

eleventh most of the season. They were relieved just to make the evening session.

"We hit an all-time rock bottom low," said Georgia head coach Suzanne Yoculan. She added, "But it fired us up more than anything else."

"Pired up" is an understatement. This was supposed to be the year UCLA—for and away the most talented team in the nation—was finally going to win. If not UCLA then Utah would be on hand to snatch back its national crown from defending national champion Alabama. Yet neither the Bruins, the Utes, nor the Crimson Tide could stifle the momentum of the Georgia team. In front of a raucous home crowd, the Lady Bulldogs twisted and tumbled their way to an

NCAA COMPETITIONS

NCAA Championship. They scored a record 192.65 for the first-place trophy.

The championship was not there for the taking. The entire event was filled with tremendous intensity down to the last dismount, with Georgia emerging on top by a scant .05 margin over UCLA's 192.60. Alabama was in the thick of the battle as well. The Tide rolled over its previous championship scoring record to earn a 192.10 and third place. Big Eight champion Nebraska (190.60) scored fourth from a struggling Utah (190.20). Cal State-Fullerton University rounded out the scoring in the evening session with a sixth-place 189.65, while Arizona State and Oregon State shared top honors from the afternoon session (187.90)



University of Georgia, 1989 NCAA Champions

Team Competition

UCLA and Utah set out the first rotation on a bye while Georgia posted a solid vaulting score (47.95) and Alabama jumped to an early lead on the uneven bars (48.35). The Bruins soon slipped that margin in the second rotation setting a new NCAA Championship scoring record on vault (48.55). The Lady Bulldogs, however, were already breezing through bars (48.30).

Georgia set with a bye on the third rotation and seemingly watched UCLA take command after bars leading 96.65 to the home team's 96.25. Alabama faltered on beam putting them in third

where they would remain for the rest of the competition.

As frequently is the case, the balance beam was the pivotal event in the competition. Georgia had a fall early in the line-up, if anyone else fell, UCLA would most certainly solidify its lead and the victory. Georgia's fears were alleviated, however, as freshman Sophia Royce mastered the four-inch apparatus with a career high 9.60 to set the pace for the remaining line-up.

In the fifth rotation, UCLA had the misfortune of being on beam while Georgia performed on floor before an enthusiastic crowd. As the Lady Bulldogs unleashed a new school record on floor, the Bruins dug themselves into a hole with two falls on the capricious event.

As Georgia set out the last rotation to spectate, UCLA was faced with the insurmountable task of scoring a 48.70 on floor to tie. With true competitive spirit, the Bruins nearly surmounted that obstacle. Whipping off two 9.60's, a 9.75, a 9.80, and a 9.90 UCLA shattered the NCAA Championship record on the event, however, it was not enough to surpass the University of Georgia.

As the team championship belonged to Georgia, so did the all-around competition. Corinne Wright, a 4'9" junior, clinched the all-around title, tying Kelly Garrison-Stevens' record of 38.90. Wright posted a 9.75 on vault, a 9.75 on bars, 9.50 on beam and a 9.90 on floor — highlighted by explosive tumbling.

Seniors Tanya Service of UCLA and Lucy Werner of Georgia tied for second in the all-around with 38.70. Service, the number one all-arounder for much of the regular season, scored a 9.75 on vault, 9.70 on bars, 9.45 on beam and 9.80 on floor. Werner got off to a slow start on vault (9.30), but soon reestablished herself on bars (9.90), beam (9.70), and floor (9.80).

Finals Competition

During the final round of competition, the individual gymnasts showcased their talents. The vault had a surprise winner — Kim Hamilton. With a hand-spring front pike on her first vault and a Cuevo on her second, Hamilton of UCLA edged out defending national champion and teammate, Jill Andrews, with a 9.750 to Andrews' 9.725. The long-limbed Hamilton and the victory was a pleasant surprise since it was the first time she had thrown a Cuevo in competition.

Perhaps the queen of the evening was Georgia's Lucy Werner. Flawlessly performing two consecutive release moves, vaulted eagle immediately to sin in bar jaeger, Werner captured her third individual national title on the event with the first perfect 10 ever scored in a National Collegiate Women's Championship.

The floor featured a pair of champions as different as night and day. The crowd witnessed the full spectrum of what gymnastics has to offer. The hometown favorite, Corinne Wright, bounced around the spring floor to the music of "Roger Rabbit," ending each tumbling pass with a double back, the first of which was done in a lay out position, to earn a 9.90.

Immediately following Wright's acrobatic routine, the two-time defending national champion, Kim Hamilton, stepped up to the mat. Dancing to her exotic new floor music, the 3'6" junior was all lines and grace, earning admiration from a begrudging crowd. Hamilton's was made her the only gymnast in the history of NCAA women's gymnastics to win three consecutive individual national titles on an event. Florida's Melissa Miller danced and moonwalked her way to third place, performing to Michael Jackson's "Bad."

In the midst of the focus and record setting performances, the balance beam brought a pair of champions, Oregon State's Joy Selig and UCLA's Jill Andrews. The tangent notched a pair of

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Junior Olympic Awards Program

The USGF has developed a motivational and recognition plan for use in the women's all-new Junior Olympic Awards Program. Wall charts and Chevron/Patch Awards are used as an inter-gym educational and organizational tool. This award program is an excellent way to set goals, track follow-through of skills, and witness the accomplishments of your gym's athletes.

Each wall chart is designed to track the progress of 50 young athletes. If your gym has more than 50 students, extra charts are available from the USGF to cover your full enrollment. As parents sign up their child, the new student's name is added to the next open line. Her name is in print, and she is on her way!

The skills at each of Levels I-IV are listed at the top of the chart. When the skills of a given level for each event have been mastered the gymnast is awarded a special star or sticker to place on the chart.

The Chevron/Patch System is similar to the badges and stars awarded to girl scouts, and the colored belts of karate. The Junior Olympic awards program is designed for young gymnasts as a way to keep them motivated and continually striving towards excellence. A girl scout's achievements are clearly displayed by the accumulative patches on her awards sash. In karate, the succession of belt colors

ultimately leads to black, recognizing the student as a master.

For gymnasts, when a student enters Level I, she receives the Junior Olympic Program patch. Achievements in Levels I-IV are recorded on the gymnastium wall chart, and after completion of Level I a green chevron is awarded. When the gymnast passes 75% of the requirements of each level, she progresses to the next

level. For levels II-IV she will receive three recognition pins to attach to her green chevron. After level V (the first competitive level) is completed, a BRONZE chevron is awarded—after Level 6 a SILVER and Level 7 a GOLD. Compulsory skills are demonstrated and then executed within Levels 5, 6 and 7. After proving proficiency of the compulsory exercises, a gymnast advances to the optional competi-

tion, Levels 8 and 9. Successful completion of Level 8 awards a WHITE chevron and Level 9, RED. Level 10, the highest of the Junior Olympic Program, requires each gymnast to perform four compulsory and four optional exercises. Successful completion of this level results in a BLUE chevron.

The standards for testing will be uniform across the nation. A green chevron will mean the same in New York as it will Nevada. The system will give coaches, athletes and parents an easy, confidence building way to track and identify the determined athletes.



Brandy Johnson

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This terrific offer has been extended for all USA Gymnastics readers and gymnasts - Get a head start on the holidays with this special 20% - 25% off sale.

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A

B FLIP THE MONKEY - Look out Garfield! The newest addition to the gymnastics family is Flip, the coolest stuffed monkey you've ever seen and now he can belong to you! Flip comes with a maroon, white, and navy cap with USA on the ball and all-shirt with the USA Flips on the front and "Flip" on the back. This primate comes in a small size at 11" tall and his suction cups so he can accompany you in your car, or a large size-14 1/2" to sit in your gym, your office, or your room.

#9971... Large Flip... \$29.95
#9972... Small Flip... \$19.95



B

WORKOUT BAG - Perfect for carrying all your gear to the gym. This bag is 18" x 12" with white straps and the USGF logo in red and white. #5015 \$9.95

TRAVEL KIT - The USGF logo is screened on a navy, travel kit. Perfect for your next and overnight trips, 60/72". #5016-5017 \$18.95

TOTE BAG - Great for school, the beach or anywhere. This canvas tote bag has off the USGF logo in red and white on a navy bag. #5018 \$9.95

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